

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

1.8
H75C

Meals for the Three-Year-Old

Start with a Good Breakfast

BREAKFAST

- Orange Juice
- Cereal with Top Milk
- Bacon, Buttered Toast
- Milk



The Chief Meal at Midday

DINNER

- Creamed Eggs
- Carrots, Spinach
- Bread and Butter
- Fruit Gelatin
- Milk



Simple Suppers are Best

SUPPER

- Stewed Tomatoes and Celery
- Scalloped Potatoes
- Buttered Toasted Roll
- Cookie
- Milk



CHILD-FEEDING CHART 7

Bureau of Home Economics

UNITED STATES DEPARTMENT OF AGRICULTURE

U. S. GOVERNMENT PRINTING OFFICE: 1931 8-7622

USDA
LIB